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# **Alberta Nutritious Food Basket Price Report**

## **June 1998**

**Alberta**

**AGRICULTURE, FOOD AND  
RURAL DEVELOPMENT**

**Production Economics and  
Statistics Branch**





# Alberta Nutritious Food Basket Price Report - June 1998

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## Introduction and Methodology

### **Alberta Nutritious Food Basket Price Report - June 1998**

#### **What is a Nutritious Food Basket?**

A nutritious food basket is a food costing tool that is a measure of the cost of healthy eating based on current nutrition recommendations. They have been used in Canada for half a century to assess the cost of an adequate diet in both health and social service contexts. Canada's oldest food costing resource has been in use by the Montreal Diet Dispensary since 1948. The federal government became involved in food costing in 1974. Most recently this was done by Agriculture and Agri-Food Canada who developed and priced the Nutritious Food Basket and the Thrifty Nutritious Food Basket. These food baskets provided benchmark costs for feeding 23 age and gender groups in 18 cities across the country until 1995. Since then a national food basket, revised to reflect current nutrition recommendations and food purchase patterns, was developed by Health Canada. The Alberta Nutritious Food Basket was developed from these standards and revised to reflect Alberta requirements.

#### **Objective of the Survey**

The purpose of the survey is two-fold:

- a) ***In the agri-food sector:*** To establish a benchmark series of nutritious food basket prices for several communities across Alberta similar to the Edmonton data series that has been in existence since April 1995. It is envisaged that, over time, the survey will increasingly provide accurate and reliable regional benchmark data on nutritious food basket prices, and total food costs, for use in business analysis and planning.
- b) ***In the health care services sector:*** To provide data for use in programs involving food security issues, prenatal nutrition programs, programs for people with special nutrition needs, general nutrition education and policy, planning and advocacy work.

#### **Data Collection**

By partnering with Alberta regional health authorities, Alberta Agriculture, Food and Rural Development has been able to collect data in a total of 53 communities over the eight occasional surveys conducted since early 1996, with the number of participating communities changing in each survey.

Regional health authority representatives, all of whom are either registered dietitians or nutritionists, are responsible for collecting the prices at the grocery retail outlets in their communities. Those who are unable to collect the data themselves, utilize the services of trained volunteers and student interns to do the collection. Due to this arrangement, the survey is very economical, and costs very little to the Alberta tax payer.



## Publication of the survey

The publication of survey results is governed by the Statistics Act of Canada, which prohibits the disclosure of confidential information. Specifically, the relevant section of the Act reads as follows:

*no person who has been sworn under section 6 shall disclose or knowingly cause to be disclosed, by any means, any information obtained under this Act in such a manner that it is possible from the disclosure to relate the particulars obtained from any individual return to any identifiable individual person, business or organization.*

The Act, therefore requires that all information gathered in the food price survey be kept confidential. To meet this requirement, food costs shown in this report represent weighted average prices of several retail stores, gathered on the same day. These prices have been converted to a unit price per food category and then multiplied by the number of units required to meet nutrient needs for each age-gender group to determine the weekly average food costs. The weekly average food costs shown by age-gender group provide a series of benchmark food costs for several communities and areas across Alberta, and cannot be directly related to store prices in any community.

## Comparisons

Now that we have data on eight dates spanning three years for 53 communities throughout Alberta, we can make some comparisons for those communities which have participated in all eight surveys. Of the 21 communities collecting prices in this eighth survey, 19 of these communities had priced in at least one other of the eight surveys. Two of the communities which participated in this survey were pricing for the first time, namely Jasper and Oyen. It is important to note that these food costs should not be used as a tool for comparing one community with another, but rather to compare costs of a given community over time.

## Factors in Selecting the Food Basket

Analysing the cost of a nutritious food basket is complex. It is not simply a matter of pricing a list of foods in various retail stores. Developing a realistic basket of foods involves balancing several important factors:

- Quantities of food must meet nutrient needs.
- The basket must reflect the food consumption patterns for most of the population in the geographic area.
- Tracking food prices over time means that the foods selected must be available in all the stores, all the time.
- Limitations on the resources (time, money) of those gathering price data.

These factors put limitations on the brand names, package sizes, and types of fresh foods chosen for the basket. In several instances, foods were selected for pricing that would represent a group of foods, so that users could substitute another similar food and be reasonably confident that the cost and the nutritive value would be much the same. For example, canned corn represents all



canned vegetables, and oatmeal cookies represent dessert-type bakery products. We recognize that some foods included in the basket may not be the most nutritious or most economical choice a shopper could make, but they reflect the realities of consumption patterns. Sometimes the quantities of food may not reflect individual eating patterns, but the quantities are consistent with Canada's Food Guide to Healthy Eating. Nutrient Quality and Quantities of food were calculated based on the numbers of servings recommended by the guide. A detailed calculation was done for several key nutrients such as calcium and vitamin C to ensure that the basket would meet basic nutrient requirements.

### **Calculating the Dollars Needed for Each Age-Gender Group**

The nutritious food basket is a list of foods which can be priced to estimate the cost of feeding up to 23 age-gender groups and a reference family of four (a man and woman each aged 25 to 49 years, a boy 13 to 15 years of age, and a girl 7 to 9 years old). For each age-gender group and for the reference family of four, we calculated the number of units needed to meet nutrient needs, then multiplied by the unit price for each food category in the basket. We made no assumptions regarding "economy of scale" nor have we factored in any margins for food spoilage or waste.

### **About the Appendices**

**Appendix A** lists the foods selected for the Alberta Nutritious Food Basket.

**Appendix B** lists the quantities of foods needed by each age-gender group.

### **For More Information**

Maureen Wenger, Research Assistant with Alberta Agriculture, Food and Rural Development, is responsible for all aspects of the food pricing, for preparing the information packages used in the price survey, and for the analysis, presentation and distribution of the data. Linda St. Onge, Food Scientist and Nutritionist, is responsible for the nutrition aspects of the food basket. ***We would like to express our sincere appreciation for the cooperation and participation of the health authorities serving the areas in which the pricing was completed.*** Special thanks to Stefa Katamay, Consulting Nutritionist for Ontario Ministry of Health for providing the history of the nutritious food basket.

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# Nutrition Tips

## Nutritious Food Basket Price Report

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### Summer Food Safety - Beat Those Bacteria

Most cases of food poisoning happen as a result of food prepared at home. Risks may increase in summer because we're carrying food to picnics, barbecues, or community events. We need to be aware of the danger spots and take a few extra precautions to prevent a weekend of misery!

### The Twenty-Minute Problem

Food-borne illness is caused by bacteria - and there will always be some bacteria present on food. Some bacteria, such as salmonella, make you sick as they grow within your digestive tract. Other bacteria, such as staph or E. coli produce a toxin as they grow, and it's the toxin that makes us sick. The toxin produced by one strain of E. coli breaks down the lining of the intestine and causes haemorrhaging. This is often called "hamburger disease" but it can grow in many foods. It has caused several deaths in Alberta over the past few years. Another toxin produced by C. botulinum is almost always fatal. (This one could be present in meats and vegetables that are not canned under pressure.) It paralyses the nervous system, causing death by respiratory failure. Cooking will kill the bacteria but the toxin remains in the food. Since you don't know what kind of bacteria is lurking on your food, it's critical to prepare food in ways that prevent the growth of whatever bacteria are there. It only takes about twenty minutes at room temperature for bacteria to double their original population. Within two hours, there are enough to cause serious illness.

### Prevention: You're in Control

To prevent food-borne illness, you need to prevent opportunities for bacteria to grow on your food.

- Be sure to refrigerate susceptible foods before cooking, and keep hot after cooking - never lukewarm. That includes foods like meat, fish, poultry, eggs, dairy products.

- Bacteria don't grow well in more acidic foods like fruit, relishes, salad dressings.
- Bacteria need moisture, so foods like crackers, breads, hard cheese, fresh vegetables, or cookies can be kept at room temperature if refrigerator space is short.
- Keep hands and work equipment clean.

It's important to wash your hands often when handling food. Tie your hair back. Avoid touching your hair, face, or clothing while you're working. Counters and cutting boards should be clean. Once in a while, scrub surfaces with a bleach solution - a tablespoon of chlorine bleach in a gallon of water will kill bacteria.

- Don't cross-contaminate. That happens when bacteria is transferred from one surface to another. Flies or other insects, dust in the air, dishes and utensils, cutting boards, and dishtowels can all transfer bacteria to food. The solution is to keep food covered, and keep utensils and surfaces clean. Avoid dishtowels - use a dishwasher or pour boiling water over the dishes to dry them. Don't put cooked meat on a surface or plate that just had raw meat on it. Use a separate cutting board for foods that will be eaten raw, such as vegetables.

You can't see, taste, or smell the bacteria that cause food-borne illness. That's why it pays to be careful about handling food safely. Remember - keep it cold (4 degrees Celsius) or keep it hot (60 degrees Celsius). Keep your hands clean. Keep food covered. Keep counters and utensils clean.

Have a safe summer, and enjoy those picnics!

# Nutrition Tips

## Nutritious Food Basket Price Report

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### Farmers' Markets

Don't you enjoy the leisurely pace and rural kind of community spirit that are part of a Farmers' Market? Now that spring is here, most of Alberta's Farmers' Markets are operating again, and it's a great opportunity for shoppers to see what Alberta's entrepreneurs have to offer.

### New Food Products

Many small food processing companies sell their products only at Farmers' Markets. There are several good reasons for this. Farmers' Markets are the only place at which you are permitted to sell products which have been made in your own home kitchen rather than a licensed, inspected kitchen in a separate building. This means that entrepreneurs have an opportunity to experiment and perfect a product without the large investment that a separate facility would require.

### Food Safety at Farmers' Markets

Health inspectors with each local Health Authority are responsible for food safety at Farmers' Markets in their area, and they may restrict the sale of food products carrying a higher risk to the public. Home canned foods, except for jams and jellies, are not allowed. Meats and poultry products must be kept refrigerated at the Market. The sale of unpasteurized milk is illegal anywhere in Alberta.

### Vendor Responsibility

Those who make products to sell at Farmers' Markets have the same goal as large food processors - they want a successful business with repeat customers. To do this, they need to offer a consistently high quality product. Even though a licensed kitchen is not a requirement, many vendors do produce their product in such a facility. Many entrepreneurs have an eye on future expansion, so they pay careful attention to food safety. Safe food handling procedures,

sanitation, refrigeration and freezing facilities are priorities for them. Some have a second home kitchen area used only for their Farmers' Market products. A new video, "Safe Food Handling Practices for Small Food Processors" is available from Alberta Agriculture, Food and Rural Development. It was developed with Farmers' Market entrepreneurs in mind. Safe food handling gives both seller and customer peace of mind. Most Farmers' Market vendors enjoy talking with their customers, and will tell you where a product is made, or what's in it.

### Opportunities

Many unique food products have started out at Farmers' Markets. Seller and customer have direct contact with each other, and it's a good way for entrepreneurs to find out what their customers want. They ask questions, they look for ways to attract repeat customers, and they respond to customer requests. Sometimes a chance comment or unusual request will open a whole new market niche. Examples are low gluten products for those who have allergies. Sometimes a product is so popular that the manufacturer expands into full time production, as with Cinabites that started out at the St. Albert market.

### Savings for Consumers

We all enjoy the direct contact with the sellers at Farmers' Markets. They love what they do, and often offer products that aren't available anywhere else, such as high quality crafts and unusual or unique foods that we don't have the skill or patience to make ourselves.

Enjoy a visit to the Markets close to you. Directories for Alberta Farmers' Markets indicating dates and locations are available to be picked up from offices of Alberta Agriculture, Food and Rural Development.



# Nutrition Tips

## Nutritious Food Basket Price Report

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### Your Bone Health - New Recommendations

Nutrition is a dynamic science, and the focus of current research is how we can reduce the risk of chronic diseases like osteoporosis, heart disease, and cancer.

After studying research results, nutrition experts in Canada and the U.S. have jointly developed recommendations for revised intakes of nutrients related to bone health.

### We Need More Calcium

Bone health is directly related to calcium intakes. Recent Canadian nutrition surveys show that many adults fail to get enough calcium. Low calcium intakes over a long period of time almost certainly lead to bone problems later. We can expect major bone health problems as these people become older and more susceptible to **osteoporosis** or brittle bone disease. Bones have failed to deposit enough calcium and become porous, breaking easily. **The result is deformity, pain, and loss of mobility and independence.** The experts now recommend that we **increase** calcium intakes from the age of six on. For growing teens, it's 1300 milligrams of calcium per day. One litre of milk provides about 1250 mg. Adults should get 1000 mg, and people over 50 need 1200 mg. calcium per day.

### Other Nutrients Affected

✓ **Phosphorus** is important for bone and tissue growth. Previous recommendations considered only our phosphorus needs relative to a calcium intake. Now, balance studies and body stores of phosphorus are taken into account, resulting in a slightly lower recommendation for phosphorus, except for children up to age six, whose need is slightly higher. Our typical high-protein diets result in lower calcium retention; phosphorus helps counteract this effect.

- ✓ **Vitamin D** acts as a courier, delivering calcium to bones. We make our own from exposure to sun, but not if we're wearing sunscreen. Fluid milk has vitamin D added, but cheese and yogurt don't so you may need a supplement in winter if you depend on cheese and yogurt for calcium.
- ✓ **Magnesium** is needed for bone growth, and the new recommendations for this mineral are much higher - even double for some age groups.

### How to Get Enough Bone-Healthy Minerals

- ✓ The most obvious way, and the easiest, is to **consume more dairy products** - milk, yogurt, cheese. These foods contain all the nutrients needed for bone health and are the most easily absorbed. Adults should be getting the equivalent of at least 750 mL of milk per day. If you aren't, look at ways to increase your consumption of milk products.
- ✓ Puddings, hot chocolate, yogurt and cheese may be easier for you if you can't drink milk. Be sure to get enough vitamin D.
- ✓ Soy products are excellent sources of calcium, and some have extra calcium added. Again, check that vitamin D is adequate.
- ✓ Don't count on pills, food supplements, or hormone replacement alone because the calcium in pills may not be absorbed well, and the other nutrients needed to lay down bone mass may be lacking.

The risk for osteoporosis can be reduced if bone mass is maximized by the late teen years by getting enough calcium. Diet can somewhat reverse the effects of the disease even in older adults, but prevention is much easier.

**For growing children, calcium is so important for bone health that milk should be their major drink - not soft drinks or fruit punch.**

# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

## WEEKLY AVERAGE COST FOR CARDSTON, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.62	0.43	3.25	0.22	2.51	0.83	1.56	0.57	2.93	0.42	0.10	17.43
2-3 years	4.98	0.58	3.25	0.22	3.95	0.83	1.56	0.79	3.07	0.42	0.10	19.73
4-6 years	6.75	0.58	4.06	0.66	4.67	1.55	2.24	1.63	3.51	0.62	0.31	26.57
<b>Boy</b>												
7-9 years	6.04	0.58	4.06	1.10	6.11	1.75	2.43	1.36	3.81	1.04	0.62	28.89
10-12 years	7.82	0.58	4.33	1.10	6.47	1.75	2.72	1.41	4.69	1.25	0.83	32.92
13-15 years	8.53	0.72	4.33	1.10	7.18	1.75	3.30	1.85	5.12	1.45	0.83	36.17
16-18 years	8.53	0.86	7.03	1.10	8.26	1.75	3.69	2.20	5.56	1.66	0.93	41.58
<b>Girl</b>												
7-9 years	6.04	0.58	4.06	0.88	5.03	1.75	2.43	1.14	3.66	0.83	0.41	26.81
10-12 years	7.11	0.58	4.06	0.88	5.75	1.75	2.43	1.23	3.81	1.04	0.62	29.25
13-15 years	7.46	0.58	4.33	1.10	5.93	1.75	3.11	1.27	4.98	0.83	0.62	31.96
16-18 years	7.46	0.58	4.60	1.10	5.75	1.75	3.11	1.19	4.83	0.83	0.41	31.61
<b>Man</b>												
19-24 years	7.82	0.86	7.03	1.10	7.54	1.96	3.69	2.11	4.83	1.45	0.72	39.13
25-49 years	5.69	0.86	7.03	1.10	7.54	1.96	3.69	2.55	4.83	1.25	0.41	36.92
50-74 years	4.98	0.72	5.14	1.10	5.75	1.96	3.69	1.41	4.83	1.25	0.52	31.33
75+ years	4.98	0.58	5.14	0.88	5.93	1.96	2.82	1.23	5.12	0.83	0.41	29.87
<b>Woman</b>												
19-24 years	6.04	0.58	6.49	1.10	5.75	1.96	2.72	1.19	4.83	0.83	0.41	31.90
25-49 years	4.98	0.43	6.49	1.10	5.03	1.96	2.72	1.01	4.83	0.83	0.31	29.69
50-74 years	4.98	0.43	4.87	0.88	4.31	1.96	2.72	0.97	4.83	0.83	0.31	27.09
75+ years	4.62	0.43	4.33	0.88	3.59	1.96	2.72	0.88	4.83	0.62	0.31	25.18
Pregnancy(b,c)												
Trimester 1	8.53	0.58	4.87	1.10	5.57	1.96	3.11	0.88	4.83	0.62	0.31	32.35
Trimester 2	8.53	0.58	4.87	1.32	5.75	1.96	3.11	0.97	4.83	0.83	0.31	33.05
Trimester 3	8.53	0.58	4.87	1.32	5.75	1.96	3.11	0.97	4.83	0.83	0.31	33.05
Lactation(c)	8.88	0.58	5.95	1.10	5.75	2.17	3.11	1.05	4.83	0.83	0.41	34.66
<b>Family of Four (d)</b>	25.23	2.59	21.91	4.17	24.78	7.43	12.15	6.55	18.45	4.36	1.96	129.59

- (a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.  
 (b) A daily iron supplement is required for pregnant women.  
 (c) Based on the requirements of a woman 25-49 years old.  
 (d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Production Economics and Statistics Branch  
 Alberta Agriculture, Food & Rural Development, (403) 422-2903



# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR PINCHER CREEK, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.71	0.42	3.27	0.19	2.40	0.86	1.45	0.63	2.91	0.38	0.09	17.32
2-3 years	5.08	0.56	3.27	0.19	3.77	0.86	1.45	0.87	3.05	0.38	0.09	19.59
4-6 years	6.89	0.56	4.09	0.58	4.46	1.62	2.09	1.79	3.49	0.57	0.26	26.40
<b>Boy</b>												
7-9 years	6.17	0.56	4.09	0.96	5.83	1.84	2.27	1.50	3.78	0.95	0.52	28.47
10-12 years	7.98	0.56	4.37	0.96	6.18	1.84	2.55	1.55	4.65	1.13	0.69	32.45
13-15 years	8.70	0.70	4.37	0.96	6.86	1.84	3.09	2.03	5.09	1.32	0.69	35.66
16-18 years	8.70	0.84	7.09	0.96	7.89	1.84	3.45	2.42	5.52	1.51	0.77	41.02
<b>Girl</b>												
7-9 years	6.17	0.56	4.09	0.77	4.80	1.84	2.27	1.26	3.63	0.76	0.34	26.50
10-12 years	7.25	0.56	4.09	0.77	5.49	1.84	2.27	1.35	3.78	0.95	0.52	28.87
13-15 years	7.62	0.56	4.37	0.96	5.66	1.84	2.91	1.40	4.94	0.76	0.52	31.53
16-18 years	7.62	0.56	4.64	0.96	5.49	1.84	2.91	1.31	4.80	0.76	0.34	31.22
<b>Man</b>												
19-24 years	7.98	0.84	7.09	0.96	7.21	2.05	3.45	2.32	4.80	1.32	0.60	38.64
25-49 years	5.80	0.84	7.09	0.96	7.21	2.05	3.45	2.80	4.80	1.13	0.34	36.50
50-74 years	5.08	0.70	5.18	0.96	5.49	2.05	3.45	1.55	4.80	1.13	0.43	30.83
75+ years	5.08	0.56	5.18	0.77	5.66	2.05	2.64	1.35	5.09	0.76	0.34	29.49
<b>Woman</b>												
19-24 years	6.17	0.56	6.55	0.96	5.49	2.05	2.55	1.31	4.80	0.76	0.34	31.53
25-49 years	5.08	0.42	6.55	0.96	4.80	2.05	2.55	1.11	4.80	0.76	0.26	29.34
50-74 years	5.08	0.42	4.91	0.77	4.12	2.05	2.55	1.06	4.80	0.76	0.26	26.77
75+ years	4.71	0.42	4.37	0.77	3.43	2.05	2.55	0.97	4.80	0.57	0.26	24.89
Pregnancy(b,c)												
Trimester 1	8.70	0.56	4.91	0.96	5.32	2.05	2.91	0.97	4.80	0.57	0.26	32.01
Trimester 2	8.70	0.56	4.91	1.16	5.49	2.05	2.91	1.06	4.80	0.76	0.26	32.66
Trimester 3	8.70	0.56	4.91	1.16	5.49	2.05	2.91	1.06	4.80	0.76	0.26	32.66
Lactation(c)	9.07	0.56	6.00	0.96	5.49	2.27	2.91	1.16	4.80	0.76	0.34	34.32
<b>Family of Four (d)</b>	<b>25.75</b>	<b>2.53</b>	<b>22.10</b>	<b>3.66</b>	<b>23.68</b>	<b>7.78</b>	<b>11.36</b>	<b>7.21</b>	<b>18.31</b>	<b>3.97</b>	<b>1.63</b>	<b>127.99</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR BROOKS, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.81	0.42	3.47	0.21	2.60	0.79	1.39	0.51	3.07	0.38	0.10	17.75
2-3 years	5.18	0.56	3.47	0.21	4.09	0.79	1.39	0.70	3.22	0.38	0.10	20.09
4-6 years	7.03	0.56	4.34	0.63	4.83	1.48	1.99	1.44	3.68	0.58	0.29	26.86
<b>Boy</b>												
7-9 years	6.29	0.56	4.34	1.05	6.32	1.68	2.16	1.21	3.99	0.96	0.58	29.14
10-12 years	8.14	0.56	4.63	1.05	6.69	1.68	2.42	1.25	4.91	1.15	0.77	33.26
13-15 years	8.88	0.70	4.63	1.05	7.43	1.68	2.94	1.64	5.37	1.35	0.77	36.44
16-18 years	8.88	0.84	7.52	1.05	8.55	1.68	3.29	1.95	5.83	1.54	0.87	41.99
<b>Girl</b>												
7-9 years	6.29	0.56	4.34	0.84	5.20	1.68	2.16	1.01	3.83	0.77	0.38	27.08
10-12 years	7.40	0.56	4.34	0.84	5.95	1.68	2.16	1.09	3.99	0.96	0.58	29.55
13-15 years	7.77	0.56	4.63	1.05	6.13	1.68	2.77	1.13	5.22	0.77	0.58	32.29
16-18 years	7.77	0.56	4.92	1.05	5.95	1.68	2.77	1.05	5.06	0.77	0.38	31.97
<b>Man</b>												
19-24 years	8.14	0.84	7.52	1.05	7.80	1.88	3.29	1.87	5.06	1.35	0.67	39.48
25-49 years	5.92	0.84	7.52	1.05	7.80	1.88	3.29	2.26	5.06	1.15	0.38	37.17
50-74 years	5.18	0.70	5.50	1.05	5.95	1.88	3.29	1.25	5.06	1.15	0.48	31.49
75+ years	5.18	0.56	5.50	0.84	6.13	1.88	2.51	1.09	5.37	0.77	0.38	30.21
<b>Woman</b>												
19-24 years	6.29	0.56	6.94	1.05	5.95	1.88	2.42	1.05	5.06	0.77	0.38	32.36
25-49 years	5.18	0.42	6.94	1.05	5.20	1.88	2.42	0.90	5.06	0.77	0.29	30.12
50-74 years	5.18	0.42	5.21	0.84	4.46	1.88	2.42	0.86	5.06	0.77	0.29	27.39
75+ years	4.81	0.42	4.63	0.84	3.72	1.88	2.42	0.78	5.06	0.58	0.29	25.43
Pregnancy(b,c)												
Trimester 1	8.88	0.56	5.21	1.05	5.76	1.88	2.77	0.78	5.06	0.58	0.29	32.82
Trimester 2	8.88	0.56	5.21	1.26	5.95	1.88	2.77	0.86	5.06	0.77	0.29	33.48
Trimester 3	8.88	0.56	5.21	1.26	5.95	1.88	2.77	0.86	5.06	0.77	0.29	33.48
Lactation(c)	9.25	0.56	6.36	1.05	5.95	2.08	2.77	0.94	5.06	0.77	0.38	35.17
<b>Family of Four (d)</b>	<b>26.28</b>	<b>2.52</b>	<b>23.43</b>	<b>3.99</b>	<b>25.64</b>	<b>7.12</b>	<b>10.82</b>	<b>5.81</b>	<b>19.33</b>	<b>4.04</b>	<b>1.83</b>	<b>130.81</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Production Economics and Statistics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903



# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR MEDICINE HAT, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.70	0.40	3.18	0.25	2.35	0.69	1.52	0.38	2.93	0.41	0.09	16.91
2-3 years	5.06	0.54	3.18	0.25	3.70	0.69	1.52	0.52	3.07	0.41	0.09	19.05
4-6 years	6.87	0.54	3.98	0.76	4.37	1.30	2.19	1.08	3.51	0.62	0.28	25.49
<b>Boy</b>												
7-9 years	6.14	0.54	3.98	1.27	5.71	1.48	2.38	0.90	3.81	1.03	0.56	27.79
10-12 years	7.95	0.54	4.24	1.27	6.05	1.48	2.66	0.93	4.68	1.23	0.74	31.78
13-15 years	8.67	0.67	4.24	1.27	6.72	1.48	3.23	1.22	5.12	1.44	0.74	34.81
16-18 years	8.67	0.80	6.90	1.27	7.73	1.48	3.61	1.45	5.56	1.65	0.83	39.96
<b>Girl</b>												
7-9 years	6.14	0.54	3.98	1.02	4.71	1.48	2.38	0.76	3.66	0.82	0.37	25.84
10-12 years	7.23	0.54	3.98	1.02	5.38	1.48	2.38	0.81	3.81	1.03	0.56	28.19
13-15 years	7.59	0.54	4.24	1.27	5.55	1.48	3.04	0.84	4.98	0.82	0.56	30.90
16-18 years	7.59	0.54	4.51	1.27	5.38	1.48	3.04	0.79	4.83	0.82	0.37	30.61
<b>Man</b>												
19-24 years	7.95	0.80	6.90	1.27	7.06	1.65	3.61	1.40	4.83	1.44	0.65	37.56
25-49 years	5.78	0.80	6.90	1.27	7.06	1.65	3.61	1.69	4.83	1.23	0.37	35.20
50-74 years	5.06	0.67	5.04	1.27	5.38	1.65	3.61	0.93	4.83	1.23	0.46	30.14
75+ years	5.06	0.54	5.04	1.02	5.55	1.65	2.76	0.81	5.12	0.82	0.37	28.73
<b>Woman</b>												
19-24 years	6.14	0.54	6.37	1.27	5.38	1.65	2.66	0.79	4.83	0.82	0.37	30.81
25-49 years	5.06	0.40	6.37	1.27	4.71	1.65	2.66	0.67	4.83	0.82	0.28	28.72
50-74 years	5.06	0.40	4.77	1.02	4.03	1.65	2.66	0.64	4.83	0.82	0.28	26.17
75+ years	4.70	0.40	4.24	1.02	3.36	1.65	2.66	0.58	4.83	0.62	0.28	24.34
Pregnancy(b,c)												
Trimester 1	8.67	0.54	4.77	1.27	5.21	1.65	3.04	0.58	4.83	0.62	0.28	31.46
Trimester 2	8.67	0.54	4.77	1.53	5.38	1.65	3.04	0.64	4.83	0.82	0.28	32.15
Trimester 3	8.67	0.54	4.77	1.53	5.38	1.65	3.04	0.64	4.83	0.82	0.28	32.15
Lactation(c)	9.04	0.54	5.83	1.27	5.38	1.82	3.04	0.70	4.83	0.82	0.37	33.64
<b>Family of Four (d)</b>	<b>25.66</b>	<b>2.41</b>	<b>21.48</b>	<b>4.84</b>	<b>23.19</b>	<b>6.25</b>	<b>11.88</b>	<b>4.33</b>	<b>18.44</b>	<b>4.32</b>	<b>1.76</b>	<b>124.57</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR OYEN, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.75	0.41	3.45	0.25	2.55	0.73	1.61	0.43	2.67	0.47	0.09	17.41
2-3 years	5.11	0.55	3.45	0.25	4.01	0.73	1.61	0.59	2.80	0.47	0.09	19.66
4-6 years	6.94	0.55	4.32	0.74	4.74	1.38	2.31	1.21	3.20	0.71	0.27	26.36
<b>Boy</b>												
7-9 years	6.21	0.55	4.32	1.24	6.19	1.56	2.51	1.02	3.47	1.19	0.53	28.77
10-12 years	8.04	0.55	4.61	1.24	6.56	1.56	2.81	1.05	4.27	1.42	0.71	32.80
13-15 years	8.77	0.68	4.61	1.24	7.29	1.56	3.41	1.38	4.67	1.66	0.71	35.96
16-18 years	8.77	0.82	7.49	1.24	8.38	1.56	3.81	1.64	5.07	1.90	0.80	41.46
<b>Girl</b>												
7-9 years	6.21	0.55	4.32	0.99	5.10	1.56	2.51	0.85	3.33	0.95	0.35	26.72
10-12 years	7.31	0.55	4.32	0.99	5.83	1.56	2.51	0.92	3.47	1.19	0.53	29.16
13-15 years	7.67	0.55	4.61	1.24	6.01	1.56	3.21	0.95	4.53	0.95	0.53	31.81
16-18 years	7.67	0.55	4.89	1.24	5.83	1.56	3.21	0.89	4.40	0.95	0.35	31.54
<b>Man</b>												
19-24 years	8.04	0.82	7.49	1.24	7.65	1.74	3.81	1.58	4.40	1.66	0.62	39.04
25-49 years	5.84	0.82	7.49	1.24	7.65	1.74	3.81	1.90	4.40	1.42	0.35	36.67
50-74 years	5.11	0.68	5.47	1.24	5.83	1.74	3.81	1.05	4.40	1.42	0.44	31.20
75+ years	5.11	0.55	5.47	0.99	6.01	1.74	2.91	0.92	4.67	0.95	0.35	29.67
<b>Woman</b>												
19-24 years	6.21	0.55	6.91	1.24	5.83	1.74	2.81	0.89	4.40	0.95	0.35	31.87
25-49 years	5.11	0.41	6.91	1.24	5.10	1.74	2.81	0.75	4.40	0.95	0.27	29.69
50-74 years	5.11	0.41	5.18	0.99	4.37	1.74	2.81	0.72	4.40	0.95	0.27	26.96
75+ years	4.75	0.41	4.61	0.99	3.64	1.74	2.81	0.66	4.40	0.71	0.27	24.98
Pregnancy(b,c)												
Trimester 1	8.77	0.55	5.18	1.24	5.65	1.74	3.21	0.66	4.40	0.71	0.27	32.36
Trimester 2	8.77	0.55	5.18	1.48	5.83	1.74	3.21	0.72	4.40	0.95	0.27	33.10
Trimester 3	8.77	0.55	5.18	1.48	5.83	1.74	3.21	0.72	4.40	0.95	0.27	33.10
Lactation(c)	9.13	0.55	6.33	1.24	5.83	1.93	3.21	0.79	4.40	0.95	0.35	34.70
<b>Family of Four (d)</b>	25.93	2.46	23.32	4.70	25.14	6.60	12.55	4.89	16.80	4.99	1.68	129.05

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR CALGARY, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.42	0.31	3.01	0.21	2.52	0.76	1.47	0.44	2.65	0.34	0.09	16.21
2-3 years	4.75	0.41	3.01	0.21	3.95	0.76	1.47	0.60	2.78	0.34	0.09	18.39
4-6 years	6.45	0.41	3.77	0.64	4.67	1.42	2.11	1.24	3.18	0.51	0.27	24.67
<b>Boy</b>												
7-9 years	5.77	0.41	3.77	1.07	6.11	1.61	2.29	1.04	3.44	0.85	0.54	26.91
10-12 years	7.47	0.41	4.02	1.07	6.47	1.61	2.57	1.07	4.24	1.02	0.72	30.67
13-15 years	8.15	0.51	4.02	1.07	7.19	1.61	3.12	1.41	4.63	1.19	0.72	33.63
16-18 years	8.15	0.61	6.53	1.07	8.27	1.61	3.48	1.67	5.03	1.36	0.81	38.61
<b>Girl</b>												
7-9 years	5.77	0.41	3.77	0.86	5.03	1.61	2.29	0.87	3.31	0.68	0.36	24.97
10-12 years	6.79	0.41	3.77	0.86	5.75	1.61	2.29	0.94	3.44	0.85	0.54	27.25
13-15 years	7.13	0.41	4.02	1.07	5.93	1.61	2.93	0.97	4.50	0.68	0.54	29.80
16-18 years	7.13	0.41	4.27	1.07	5.75	1.61	2.93	0.90	4.37	0.68	0.36	29.49
<b>Man</b>												
19-24 years	7.47	0.61	6.53	1.07	7.55	1.80	3.48	1.61	4.37	1.19	0.63	36.32
25-49 years	5.43	0.61	6.53	1.07	7.55	1.80	3.48	1.94	4.37	1.02	0.36	34.18
50-74 years	4.75	0.51	4.77	1.07	5.75	1.80	3.48	1.07	4.37	1.02	0.45	29.06
75+ years	4.75	0.41	4.77	0.86	5.93	1.80	2.66	0.94	4.63	0.68	0.36	27.80
<b>Woman</b>												
19-24 years	5.77	0.41	6.03	1.07	5.75	1.80	2.57	0.90	4.37	0.68	0.36	29.72
25-49 years	4.75	0.31	6.03	1.07	5.03	1.80	2.57	0.77	4.37	0.68	0.27	27.65
50-74 years	4.75	0.31	4.52	0.86	4.31	1.80	2.57	0.74	4.37	0.68	0.27	25.18
75+ years	4.42	0.31	4.02	0.86	3.59	1.80	2.57	0.67	4.37	0.51	0.27	23.38
Pregnancy(b,c)												
Trimester 1	8.15	0.41	4.52	1.07	5.57	1.80	2.93	0.67	4.37	0.51	0.27	30.28
Trimester 2	8.15	0.41	4.52	1.28	5.75	1.80	2.93	0.74	4.37	0.68	0.27	30.91
Trimester 3	8.15	0.41	4.52	1.28	5.75	1.80	2.93	0.74	4.37	0.68	0.27	30.91
Lactation(c)	8.49	0.41	5.53	1.07	5.75	1.99	2.93	0.80	4.37	0.68	0.36	32.39
<b>Family of Four (d)</b>	<b>24.11</b>	<b>1.84</b>	<b>20.35</b>	<b>4.07</b>	<b>24.80</b>	<b>6.82</b>	<b>11.46</b>	<b>4.99</b>	<b>16.68</b>	<b>3.58</b>	<b>1.72</b>	<b>120.42</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

## WEEKLY AVERAGE COST FOR PONOKA, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.63	0.40	2.96	0.22	2.44	0.84	1.40	0.81	2.77	0.42	0.09	16.97
2-3 years	4.99	0.54	2.96	0.22	3.83	0.84	1.40	1.12	2.91	0.42	0.09	19.30
4-6 years	6.77	0.54	3.70	0.65	4.52	1.58	2.01	2.30	3.32	0.63	0.26	26.28
<b>Boy</b>												
7-9 years	6.05	0.54	3.70	1.08	5.91	1.79	2.19	1.93	3.60	1.05	0.52	28.36
10-12 years	7.83	0.54	3.95	1.08	6.26	1.79	2.45	1.99	4.43	1.26	0.70	32.27
13-15 years	8.55	0.67	3.95	1.08	6.96	1.79	2.98	2.61	4.84	1.47	0.70	35.59
16-18 years	8.55	0.80	6.42	1.08	8.00	1.79	3.33	3.11	5.26	1.68	0.79	40.80
<b>Girl</b>												
7-9 years	6.05	0.54	3.70	0.86	4.87	1.79	2.19	1.62	3.46	0.84	0.35	26.27
10-12 years	7.12	0.54	3.70	0.86	5.57	1.79	2.19	1.74	3.60	1.05	0.52	28.68
13-15 years	7.48	0.54	3.95	1.08	5.74	1.79	2.80	1.80	4.70	0.84	0.52	31.24
16-18 years	7.48	0.54	4.20	1.08	5.57	1.79	2.80	1.68	4.57	0.84	0.35	30.88
<b>Man</b>												
19-24 years	7.83	0.80	6.42	1.08	7.31	2.00	3.33	2.99	4.57	1.47	0.61	38.40
25-49 years	5.70	0.80	6.42	1.08	7.31	2.00	3.33	3.61	4.57	1.26	0.35	36.41
50-74 years	4.99	0.67	4.69	1.08	5.57	2.00	3.33	1.99	4.57	1.26	0.44	30.57
75+ years	4.99	0.54	4.69	0.86	5.74	2.00	2.54	1.74	4.84	0.84	0.35	29.12
<b>Woman</b>												
19-24 years	6.05	0.54	5.93	1.08	5.57	2.00	2.45	1.68	4.57	0.84	0.35	31.04
25-49 years	4.99	0.40	5.93	1.08	4.87	2.00	2.45	1.43	4.57	0.84	0.26	28.81
50-74 years	4.99	0.40	4.44	0.86	4.17	2.00	2.45	1.37	4.57	0.84	0.26	26.35
75+ years	4.63	0.40	3.95	0.86	3.48	2.00	2.45	1.24	4.57	0.63	0.26	24.47
Pregnancy(b,c)												
Trimester 1	8.55	0.54	4.44	1.08	5.39	2.00	2.80	1.24	4.57	0.63	0.26	31.50
Trimester 2	8.55	0.54	4.44	1.29	5.57	2.00	2.80	1.37	4.57	0.84	0.26	32.22
Trimester 3	8.55	0.54	4.44	1.29	5.57	2.00	2.80	1.37	4.57	0.84	0.26	32.22
Lactation(c)	8.90	0.54	5.43	1.08	5.57	2.21	2.80	1.49	4.57	0.84	0.35	33.77
<b>Family of Four (d)</b>	25.28	2.41	20.00	4.09	24.01	7.57	10.94	9.27	17.43	4.41	1.66	127.08

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Production Economics and Statistics Branch  
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# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR RED DEER, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.33	0.35	2.83	0.21	2.39	0.85	1.33	0.39	2.53	0.36	0.08	15.66
2-3 years	4.66	0.47	2.83	0.21	3.76	0.85	1.33	0.54	2.65	0.36	0.08	17.75
4-6 years	6.32	0.47	3.54	0.63	4.44	1.60	1.91	1.11	3.03	0.55	0.25	23.86
<b>Boy</b>												
7-9 years	5.66	0.47	3.54	1.06	5.81	1.81	2.07	0.93	3.29	0.91	0.51	26.05
10-12 years	7.32	0.47	3.77	1.06	6.15	1.81	2.32	0.96	4.05	1.09	0.68	29.68
13-15 years	7.99	0.59	3.77	1.06	6.84	1.81	2.82	1.26	4.42	1.27	0.68	32.51
16-18 years	7.99	0.70	6.13	1.06	7.86	1.81	3.15	1.50	4.80	1.46	0.76	37.22
<b>Girl</b>												
7-9 years	5.66	0.47	3.54	0.84	4.78	1.81	2.07	0.78	3.16	0.73	0.34	24.19
10-12 years	6.66	0.47	3.54	0.84	5.47	1.81	2.07	0.84	3.29	0.91	0.51	26.41
13-15 years	6.99	0.47	3.77	1.06	5.64	1.81	2.65	0.87	4.30	0.73	0.51	28.80
16-18 years	6.99	0.47	4.01	1.06	5.47	1.81	2.65	0.81	4.17	0.73	0.34	28.51
<b>Man</b>												
19-24 years	7.32	0.70	6.13	1.06	7.18	2.03	3.15	1.44	4.17	1.27	0.59	35.05
25-49 years	5.32	0.70	6.13	1.06	7.18	2.03	3.15	1.74	4.17	1.09	0.34	32.91
50-74 years	4.66	0.59	4.48	1.06	5.47	2.03	3.15	0.96	4.17	1.09	0.42	28.07
75+ years	4.66	0.47	4.48	0.84	5.64	2.03	2.40	0.84	4.42	0.73	0.34	26.86
<b>Woman</b>												
19-24 years	5.66	0.47	5.66	1.06	5.47	2.03	2.32	0.81	4.17	0.73	0.34	28.71
25-49 years	4.66	0.35	5.66	1.06	4.78	2.03	2.32	0.69	4.17	0.73	0.25	26.70
50-74 years	4.66	0.35	4.24	0.84	4.10	2.03	2.32	0.66	4.17	0.73	0.25	24.36
75+ years	4.33	0.35	3.77	0.84	3.42	2.03	2.32	0.60	4.17	0.55	0.25	22.63
Pregnancy(b,c)												
Trimester 1	7.99	0.47	4.24	1.06	5.30	2.03	2.65	0.60	4.17	0.55	0.25	29.31
Trimester 2	7.99	0.47	4.24	1.27	5.47	2.03	2.65	0.66	4.17	0.73	0.25	29.93
Trimester 3	7.99	0.47	4.24	1.27	5.47	2.03	2.65	0.66	4.17	0.73	0.25	29.93
Lactation(c)	8.32	0.47	5.19	1.06	5.47	2.24	2.65	0.72	4.17	0.73	0.34	31.35
<b>Family of Four (d)</b>	<b>23.63</b>	<b>2.11</b>	<b>19.09</b>	<b>4.01</b>	<b>23.58</b>	<b>7.69</b>	<b>10.36</b>	<b>4.48</b>	<b>15.93</b>	<b>3.82</b>	<b>1.60</b>	<b>116.31</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

## WEEKLY AVERAGE COST FOR RIMBEY, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.57	0.49	2.95	0.23	2.44	0.76	1.36	0.74	2.92	0.44	0.09	17.00
2-3 years	4.92	0.66	2.95	0.23	3.83	0.76	1.36	1.02	3.06	0.44	0.09	19.34
4-6 years	6.67	0.66	3.69	0.70	4.53	1.43	1.96	2.09	3.50	0.67	0.26	26.17
<b>Boy</b>												
7-9 years	5.97	0.66	3.69	1.17	5.92	1.62	2.13	1.76	3.79	1.11	0.53	28.35
10-12 years	7.73	0.66	3.94	1.17	6.27	1.62	2.39	1.81	4.67	1.33	0.70	32.29
13-15 years	8.43	0.82	3.94	1.17	6.97	1.62	2.90	2.38	5.11	1.55	0.70	35.59
16-18 years	8.43	0.99	6.40	1.17	8.01	1.62	3.24	2.83	5.54	1.77	0.79	40.80
<b>Girl</b>												
7-9 years	5.97	0.66	3.69	0.94	4.88	1.62	2.13	1.47	3.65	0.89	0.35	26.24
10-12 years	7.03	0.66	3.69	0.94	5.57	1.62	2.13	1.59	3.79	1.11	0.53	28.65
13-15 years	7.38	0.66	3.94	1.17	5.75	1.62	2.73	1.64	4.96	0.89	0.53	31.26
16-18 years	7.38	0.66	4.18	1.17	5.57	1.62	2.73	1.53	4.81	0.89	0.35	30.89
<b>Man</b>												
19-24 years	7.73	0.99	6.40	1.17	7.32	1.81	3.24	2.72	4.81	1.55	0.61	38.35
25-49 years	5.62	0.99	6.40	1.17	7.32	1.81	3.24	3.28	4.81	1.33	0.35	36.32
50-74 years	4.92	0.82	4.68	1.17	5.57	1.81	3.24	1.81	4.81	1.33	0.44	30.61
75+ years	4.92	0.66	4.68	0.94	5.75	1.81	2.47	1.59	5.11	0.89	0.35	29.15
<b>Woman</b>												
19-24 years	5.97	0.66	5.91	1.17	5.57	1.81	2.39	1.53	4.81	0.89	0.35	31.06
25-49 years	4.92	0.49	5.91	1.17	4.88	1.81	2.39	1.30	4.81	0.89	0.26	28.83
50-74 years	4.92	0.49	4.43	0.94	4.18	1.81	2.39	1.25	4.81	0.89	0.26	26.37
75+ years	4.57	0.49	3.94	0.94	3.48	1.81	2.39	1.13	4.81	0.67	0.26	24.49
Pregnancy(b,c)												
Trimester 1	8.43	0.66	4.43	1.17	5.40	1.81	2.73	1.13	4.81	0.67	0.26	31.50
Trimester 2	8.43	0.66	4.43	1.41	5.57	1.81	2.73	1.25	4.81	0.89	0.26	32.25
Trimester 3	8.43	0.66	4.43	1.41	5.57	1.81	2.73	1.25	4.81	0.89	0.26	32.25
Lactation(c)	8.78	0.66	5.41	1.17	5.57	2.00	2.73	1.36	4.81	0.89	0.35	33.74
<b>Family of Four (d)</b>	<b>24.94</b>	<b>2.97</b>	<b>19.94</b>	<b>4.45</b>	<b>24.04</b>	<b>6.85</b>	<b>10.65</b>	<b>8.44</b>	<b>18.38</b>	<b>4.66</b>	<b>1.67</b>	<b>126.99</b>

- (a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.  
 (b) A daily iron supplement is required for pregnant women.  
 (c) Based on the requirements of a woman 25-49 years old.  
 (d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR SUNDRE, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.88	0.40	3.01	0.21	2.44	0.89	1.52	0.49	3.04	0.43	0.09	17.42
2-3 years	5.26	0.54	3.01	0.21	3.83	0.89	1.52	0.68	3.19	0.43	0.09	19.67
4-6 years	7.14	0.54	3.76	0.64	4.53	1.67	2.19	1.40	3.65	0.65	0.28	26.44
<b>Boy</b>												
7-9 years	6.38	0.54	3.76	1.07	5.92	1.90	2.38	1.17	3.95	1.08	0.55	28.71
10-12 years	8.26	0.54	4.01	1.07	6.27	1.90	2.67	1.21	4.86	1.30	0.73	32.83
13-15 years	9.01	0.67	4.01	1.07	6.97	1.90	3.24	1.59	5.32	1.52	0.73	36.03
16-18 years	9.01	0.81	6.52	1.07	8.02	1.90	3.62	1.89	5.78	1.74	0.83	41.17
<b>Girl</b>												
7-9 years	6.38	0.54	3.76	0.85	4.88	1.90	2.38	0.98	3.80	0.87	0.37	26.71
10-12 years	7.51	0.54	3.76	0.85	5.58	1.90	2.38	1.06	3.95	1.08	0.55	29.17
13-15 years	7.89	0.54	4.01	1.07	5.75	1.90	3.05	1.10	5.17	0.87	0.55	31.88
16-18 years	7.89	0.54	4.26	1.07	5.58	1.90	3.05	1.02	5.02	0.87	0.37	31.55
<b>Man</b>												
19-24 years	8.26	0.81	6.52	1.07	7.32	2.12	3.62	1.81	5.02	1.52	0.64	38.71
25-49 years	6.01	0.81	6.52	1.07	7.32	2.12	3.62	2.19	5.02	1.30	0.37	36.34
50-74 years	5.26	0.67	4.77	1.07	5.58	2.12	3.62	1.21	5.02	1.30	0.46	31.06
75+ years	5.26	0.54	4.77	0.85	5.75	2.12	2.76	1.06	5.32	0.87	0.37	29.66
<b>Woman</b>												
19-24 years	6.38	0.54	6.02	1.07	5.58	2.12	2.67	1.02	5.02	0.87	0.37	31.64
25-49 years	5.26	0.40	6.02	1.07	4.88	2.12	2.67	0.87	5.02	0.87	0.28	29.44
50-74 years	5.26	0.40	4.51	0.85	4.18	2.12	2.67	0.83	5.02	0.87	0.28	26.99
75+ years	4.88	0.40	4.01	0.85	3.49	2.12	2.67	0.76	5.02	0.65	0.28	25.12
Pregnancy(b,c)												
Trimester 1	9.01	0.54	4.51	1.07	5.40	2.12	3.05	0.76	5.02	0.65	0.28	32.40
Trimester 2	9.01	0.54	4.51	1.28	5.58	2.12	3.05	0.83	5.02	0.87	0.28	33.08
Trimester 3	9.01	0.54	4.51	1.28	5.58	2.12	3.05	0.83	5.02	0.87	0.28	33.08
Lactation(c)	9.39	0.54	5.52	1.07	5.58	2.34	3.05	0.91	5.02	0.87	0.37	34.64
<b>Family of Four (d)</b>	<b>26.66</b>	<b>2.43</b>	<b>20.31</b>	<b>4.05</b>	<b>24.05</b>	<b>8.03</b>	<b>11.90</b>	<b>5.63</b>	<b>19.15</b>	<b>4.56</b>	<b>1.74</b>	<b>128.53</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR EDMONTON, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.32	0.32	3.00	0.22	2.43	0.75	1.34	0.40	2.59	0.36	0.09	15.83
2-3 years	4.66	0.43	3.00	0.22	3.82	0.75	1.34	0.55	2.72	0.36	0.09	17.94
4-6 years	6.32	0.43	3.75	0.65	4.51	1.40	1.93	1.12	3.11	0.55	0.26	24.04
<b>Boy</b>												
7-9 years	5.65	0.43	3.75	1.08	5.90	1.59	2.10	0.94	3.37	0.91	0.52	26.26
10-12 years	7.32	0.43	4.00	1.08	6.25	1.59	2.35	0.97	4.15	1.09	0.69	29.93
13-15 years	7.98	0.54	4.00	1.08	6.94	1.59	2.86	1.28	4.54	1.28	0.69	32.78
16-18 years	7.98	0.64	6.50	1.08	7.98	1.59	3.19	1.52	4.93	1.46	0.78	37.67
<b>Girl</b>												
7-9 years	5.65	0.43	3.75	0.87	4.86	1.59	2.10	0.79	3.24	0.73	0.35	24.36
10-12 years	6.65	0.43	3.75	0.87	5.55	1.59	2.10	0.85	3.37	0.91	0.52	26.60
13-15 years	6.98	0.43	4.00	1.08	5.73	1.59	2.69	0.88	4.41	0.73	0.52	29.05
16-18 years	6.98	0.43	4.25	1.08	5.55	1.59	2.69	0.82	4.28	0.73	0.35	28.76
<b>Man</b>												
19-24 years	7.32	0.64	6.50	1.08	7.29	1.78	3.19	1.46	4.28	1.28	0.61	35.43
25-49 years	5.32	0.64	6.50	1.08	7.29	1.78	3.19	1.76	4.28	1.09	0.35	33.30
50-74 years	4.66	0.54	4.75	1.08	5.55	1.78	3.19	0.97	4.28	1.09	0.43	28.33
75+ years	4.66	0.43	4.75	0.87	5.73	1.78	2.44	0.85	4.54	0.73	0.35	27.11
<b>Woman</b>												
19-24 years	5.65	0.43	6.00	1.08	5.55	1.78	2.35	0.82	4.28	0.73	0.35	29.03
25-49 years	4.66	0.32	6.00	1.08	4.86	1.78	2.35	0.70	4.28	0.73	0.26	27.02
50-74 years	4.66	0.32	4.50	0.87	4.17	1.78	2.35	0.67	4.28	0.73	0.26	24.58
75+ years	4.32	0.32	4.00	0.87	3.47	1.78	2.35	0.61	4.28	0.55	0.26	22.81
Pregnancy(b,c)												
Trimester 1	7.98	0.43	4.50	1.08	5.38	1.78	2.69	0.61	4.28	0.55	0.26	29.54
Trimester 2	7.98	0.43	4.50	1.30	5.55	1.78	2.69	0.67	4.28	0.73	0.26	30.17
Trimester 3	7.98	0.43	4.50	1.30	5.55	1.78	2.69	0.67	4.28	0.73	0.26	30.17
Lactation(c)	8.31	0.43	5.50	1.08	5.55	1.96	2.69	0.73	4.28	0.73	0.35	31.62
<b>Family of Four (d)</b>	<b>23.61</b>	<b>1.93</b>	<b>20.26</b>	<b>4.11</b>	<b>23.95</b>	<b>6.73</b>	<b>10.50</b>	<b>4.53</b>	<b>16.34</b>	<b>3.83</b>	<b>1.64</b>	<b>117.46</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR EDSON, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.53	0.42	3.16	0.18	2.53	0.67	1.52	0.25	2.38	0.42	0.09	16.14
2-3 years	4.87	0.56	3.16	0.18	3.98	0.67	1.52	0.35	2.50	0.42	0.09	18.29
4-6 years	6.61	0.56	3.95	0.53	4.70	1.25	2.18	0.73	2.86	0.63	0.26	24.26
<b>Boy</b>												
7-9 years	5.92	0.56	3.95	0.88	6.15	1.41	2.37	0.61	3.10	1.05	0.51	26.51
10-12 years	7.66	0.56	4.21	0.88	6.51	1.41	2.65	0.63	3.81	1.26	0.69	30.28
13-15 years	8.35	0.70	4.21	0.88	7.23	1.41	3.22	0.82	4.17	1.46	0.69	33.17
16-18 years	8.35	0.84	6.85	0.88	8.32	1.41	3.60	0.98	4.53	1.67	0.77	38.22
<b>Girl</b>												
7-9 years	5.92	0.56	3.95	0.71	5.06	1.41	2.37	0.51	2.98	0.84	0.34	24.65
10-12 years	6.96	0.56	3.95	0.71	5.79	1.41	2.37	0.55	3.10	1.05	0.51	26.96
13-15 years	7.31	0.56	4.21	0.88	5.97	1.41	3.03	0.57	4.05	0.84	0.51	29.36
16-18 years	7.31	0.56	4.48	0.88	5.79	1.41	3.03	0.53	3.93	0.84	0.34	29.11
<b>Man</b>												
19-24 years	7.66	0.84	6.85	0.88	7.60	1.58	3.60	0.94	3.93	1.46	0.60	35.95
25-49 years	5.57	0.84	6.85	0.88	7.60	1.58	3.60	1.14	3.93	1.26	0.34	33.59
50-74 years	4.87	0.70	5.01	0.88	5.79	1.58	3.60	0.63	3.93	1.26	0.43	28.68
75+ years	4.87	0.56	5.01	0.71	5.97	1.58	2.75	0.55	4.17	0.84	0.34	27.34
<b>Woman</b>												
19-24 years	5.92	0.56	6.32	0.88	5.79	1.58	2.65	0.53	3.93	0.84	0.34	29.35
25-49 years	4.87	0.42	6.32	0.88	5.06	1.58	2.65	0.45	3.93	0.84	0.26	27.28
50-74 years	4.87	0.42	4.74	0.71	4.34	1.58	2.65	0.43	3.93	0.84	0.26	24.78
75+ years	4.53	0.42	4.21	0.71	3.62	1.58	2.65	0.39	3.93	0.63	0.26	22.93
Pregnancy(b,c)												
Trimester 1	8.35	0.56	4.74	0.88	5.61	1.58	3.03	0.39	3.93	0.63	0.26	29.97
Trimester 2	8.35	0.56	4.74	1.06	5.79	1.58	3.03	0.43	3.93	0.84	0.26	30.58
Trimester 3	8.35	0.56	4.74	1.06	5.79	1.58	3.03	0.43	3.93	0.84	0.26	30.58
Lactation(c)	8.70	0.56	5.80	0.88	5.79	1.75	3.03	0.47	3.93	0.84	0.34	32.09
<b>Family of Four (d)</b>	24.71	2.53	21.34	3.35	24.96	5.99	11.84	2.92	15.02	4.39	1.63	118.69

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Production Economics and Statistics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903



# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR EVANSBURG, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.95	0.50	3.23	0.22	2.59	0.77	1.55	0.71	2.90	0.42	0.10	17.93
2-3 years	5.33	0.66	3.23	0.22	4.07	0.77	1.55	0.99	3.04	0.42	0.10	20.38
4-6 years	7.23	0.66	4.04	0.65	4.81	1.44	2.23	2.03	3.48	0.63	0.29	27.49
<b>Boy</b>												
7-9 years	6.47	0.66	4.04	1.08	6.29	1.64	2.42	1.70	3.77	1.05	0.58	29.70
10-12 years	8.37	0.66	4.31	1.08	6.66	1.64	2.71	1.76	4.63	1.26	0.77	33.86
13-15 years	9.13	0.83	4.31	1.08	7.40	1.64	3.30	2.31	5.07	1.46	0.77	37.30
16-18 years	9.13	0.99	7.00	1.08	8.51	1.64	3.68	2.75	5.50	1.67	0.87	42.84
<b>Girl</b>												
7-9 years	6.47	0.66	4.04	0.87	5.18	1.64	2.42	1.43	3.62	0.84	0.39	27.55
10-12 years	7.61	0.66	4.04	0.87	5.92	1.64	2.42	1.54	3.77	1.05	0.58	30.09
13-15 years	7.99	0.66	4.31	1.08	6.10	1.64	3.10	1.59	4.92	0.84	0.58	32.82
16-18 years	7.99	0.66	4.58	1.08	5.92	1.64	3.10	1.48	4.78	0.84	0.39	32.46
<b>Man</b>												
19-24 years	8.37	0.99	7.00	1.08	7.77	1.83	3.68	2.64	4.78	1.46	0.68	40.29
25-49 years	6.09	0.99	7.00	1.08	7.77	1.83	3.68	3.19	4.78	1.26	0.39	38.06
50-74 years	5.33	0.83	5.12	1.08	5.92	1.83	3.68	1.76	4.78	1.26	0.48	32.07
75+ years	5.33	0.66	5.12	0.87	6.10	1.83	2.81	1.54	5.07	0.84	0.39	30.55
<b>Woman</b>												
19-24 years	6.47	0.66	6.47	1.08	5.92	1.83	2.71	1.48	4.78	0.84	0.39	32.63
25-49 years	5.33	0.50	6.47	1.08	5.18	1.83	2.71	1.26	4.78	0.84	0.29	30.27
50-74 years	5.33	0.50	4.85	0.87	4.44	1.83	2.71	1.21	4.78	0.84	0.29	27.64
75+ years	4.95	0.50	4.31	0.87	3.70	1.83	2.71	1.10	4.78	0.63	0.29	25.66
Pregnancy(b,c)												
Trimester 1	9.13	0.66	4.85	1.08	5.73	1.83	3.10	1.10	4.78	0.63	0.29	33.19
Trimester 2	9.13	0.66	4.85	1.30	5.92	1.83	3.10	1.21	4.78	0.84	0.29	33.91
Trimester 3	9.13	0.66	4.85	1.30	5.92	1.83	3.10	1.21	4.78	0.84	0.29	33.91
Lactation(c)	9.51	0.66	5.93	1.08	5.92	2.02	3.10	1.32	4.78	0.84	0.39	35.55
<b>Family of Four (d)</b>	<b>27.01</b>	<b>2.98</b>	<b>21.82</b>	<b>4.12</b>	<b>25.53</b>	<b>6.93</b>	<b>12.12</b>	<b>8.19</b>	<b>18.25</b>	<b>4.39</b>	<b>1.83</b>	<b>133.18</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Production Economics and Statistics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR HINTON, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.77	0.45	3.12	0.24	2.57	0.78	1.39	0.47	2.75	0.45	0.09	17.07
2-3 years	5.14	0.60	3.12	0.24	4.04	0.78	1.39	0.65	2.88	0.45	0.09	19.37
4-6 years	6.97	0.60	3.90	0.71	4.77	1.47	2.00	1.34	3.30	0.67	0.26	25.99
<b>Boy</b>												
7-9 years	6.24	0.60	3.90	1.18	6.24	1.67	2.17	1.12	3.57	1.12	0.53	28.33
10-12 years	8.07	0.60	4.16	1.18	6.60	1.67	2.43	1.16	4.39	1.34	0.70	32.31
13-15 years	8.81	0.75	4.16	1.18	7.34	1.67	2.96	1.52	4.81	1.56	0.70	35.45
16-18 years	8.81	0.89	6.76	1.18	8.44	1.67	3.30	1.81	5.22	1.79	0.79	40.66
<b>Girl</b>												
7-9 years	6.24	0.60	3.90	0.94	5.14	1.67	2.17	0.94	3.43	0.89	0.35	26.27
10-12 years	7.34	0.60	3.90	0.94	5.87	1.67	2.17	1.01	3.57	1.12	0.53	28.72
13-15 years	7.71	0.60	4.16	1.18	6.05	1.67	2.78	1.05	4.67	0.89	0.53	31.28
16-18 years	7.71	0.60	4.42	1.18	5.87	1.67	2.78	0.98	4.53	0.89	0.35	30.98
<b>Man</b>												
19-24 years	8.07	0.89	6.76	1.18	7.70	1.86	3.30	1.74	4.53	1.56	0.62	38.23
25-49 years	5.87	0.89	6.76	1.18	7.70	1.86	3.30	2.10	4.53	1.34	0.35	35.90
50-74 years	5.14	0.75	4.94	1.18	5.87	1.86	3.30	1.16	4.53	1.34	0.44	30.51
75+ years	5.14	0.60	4.94	0.94	6.05	1.86	2.52	1.01	4.81	0.89	0.35	29.12
<b>Woman</b>												
19-24 years	6.24	0.60	6.24	1.18	5.87	1.86	2.43	0.98	4.53	0.89	0.35	31.17
25-49 years	5.14	0.45	6.24	1.18	5.14	1.86	2.43	0.83	4.53	0.89	0.26	28.96
50-74 years	5.14	0.45	4.68	0.94	4.40	1.86	2.43	0.80	4.53	0.89	0.26	26.39
75+ years	4.77	0.45	4.16	0.94	3.67	1.86	2.43	0.72	4.53	0.67	0.26	24.48
Pregnancy(b,c)												
Trimester 1	8.81	0.60	4.68	1.18	5.69	1.86	2.78	0.72	4.53	0.67	0.26	31.78
Trimester 2	8.81	0.60	4.68	1.42	5.87	1.86	2.78	0.80	4.53	0.89	0.26	32.50
Trimester 3	8.81	0.60	4.68	1.42	5.87	1.86	2.78	0.80	4.53	0.89	0.26	32.50
Lactation(c)	9.17	0.60	5.72	1.18	5.87	2.06	2.78	0.87	4.53	0.89	0.35	34.03
<b>Family of Four (d)</b>	<b>26.05</b>	<b>2.68</b>	<b>21.05</b>	<b>4.49</b>	<b>25.31</b>	<b>7.06</b>	<b>10.87</b>	<b>5.40</b>	<b>17.30</b>	<b>4.69</b>	<b>1.67</b>	<b>126.58</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Production Economics and Statistics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

## WEEKLY AVERAGE COST FOR JASPER, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.87	0.49	3.30	0.21	2.75	0.86	1.75	0.71	2.93	0.44	0.11	18.43
2-3 years	5.25	0.66	3.30	0.21	4.32	0.86	1.75	0.99	3.08	0.44	0.11	20.97
4-6 years	7.12	0.66	4.13	0.63	5.11	1.61	2.51	2.03	3.52	0.67	0.32	28.30
<b>Boy</b>												
7-9 years	6.37	0.66	4.13	1.05	6.68	1.82	2.73	1.70	3.81	1.11	0.64	30.70
10-12 years	8.25	0.66	4.41	1.05	7.07	1.82	3.06	1.76	4.69	1.33	0.85	34.94
13-15 years	9.00	0.82	4.41	1.05	7.86	1.82	3.71	2.31	5.13	1.55	0.85	38.51
16-18 years	9.00	0.99	7.16	1.05	9.04	1.82	4.15	2.75	5.57	1.78	0.96	44.25
<b>Girl</b>												
7-9 years	6.37	0.66	4.13	0.84	5.50	1.82	2.73	1.43	3.66	0.89	0.43	28.46
10-12 years	7.50	0.66	4.13	0.84	6.29	1.82	2.73	1.54	3.81	1.11	0.64	31.06
13-15 years	7.87	0.66	4.41	1.05	6.48	1.82	3.49	1.59	4.98	0.89	0.64	33.89
16-18 years	7.87	0.66	4.68	1.05	6.29	1.82	3.49	1.48	4.84	0.89	0.43	33.50
<b>Man</b>												
19-24 years	8.25	0.99	7.16	1.05	8.25	2.04	4.15	2.64	4.84	1.55	0.74	41.65
25-49 years	6.00	0.99	7.16	1.05	8.25	2.04	4.15	3.19	4.84	1.33	0.43	39.41
50-74 years	5.25	0.82	5.23	1.05	6.29	2.04	4.15	1.76	4.84	1.33	0.53	33.28
75+ years	5.25	0.66	5.23	0.84	6.48	2.04	3.16	1.54	5.13	0.89	0.43	31.65
<b>Woman</b>												
19-24 years	6.37	0.66	6.61	1.05	6.29	2.04	3.06	1.48	4.84	0.89	0.43	33.70
25-49 years	5.25	0.49	6.61	1.05	5.50	2.04	3.06	1.26	4.84	0.89	0.32	31.30
50-74 years	5.25	0.49	4.96	0.84	4.72	2.04	3.06	1.21	4.84	0.89	0.32	28.60
75+ years	4.87	0.49	4.41	0.84	3.93	2.04	3.06	1.10	4.84	0.67	0.32	26.56
Pregnancy(b,c)												
Trimester 1	9.00	0.66	4.96	1.05	6.09	2.04	3.49	1.10	4.84	0.67	0.32	34.20
Trimester 2	9.00	0.66	4.96	1.26	6.29	2.04	3.49	1.21	4.84	0.89	0.32	34.94
Trimester 3	9.00	0.66	4.96	1.26	6.29	2.04	3.49	1.21	4.84	0.89	0.32	34.94
Lactation(c)	9.37	0.66	6.06	1.05	6.29	2.25	3.49	1.32	4.84	0.89	0.43	36.64
<b>Family of Four (d)</b>	<b>26.61</b>	<b>2.97</b>	<b>22.30</b>	<b>3.98</b>	<b>27.11</b>	<b>7.72</b>	<b>13.64</b>	<b>8.19</b>	<b>18.47</b>	<b>4.66</b>	<b>2.02</b>	<b>137.68</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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Alberta Agriculture, Food & Rural Development, (403) 422-2903



# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR FALHER, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.97	0.52	3.12	0.23	2.53	0.88	1.51	0.82	3.00	0.45	0.09	18.11
2-3 years	5.35	0.69	3.12	0.23	3.98	0.88	1.51	1.13	3.15	0.45	0.09	20.58
4-6 years	7.26	0.69	3.90	0.69	4.70	1.66	2.17	2.32	3.60	0.67	0.28	27.94
<b>Boy</b>												
7-9 years	6.50	0.69	3.90	1.15	6.15	1.88	2.36	1.95	3.90	1.12	0.56	30.15
10-12 years	8.41	0.69	4.16	1.15	6.51	1.88	2.65	2.01	4.79	1.34	0.75	34.34
13-15 years	9.17	0.86	4.16	1.15	7.24	1.88	3.21	2.64	5.24	1.57	0.75	37.86
16-18 years	9.17	1.03	6.75	1.15	8.32	1.88	3.59	3.14	5.69	1.79	0.84	43.37
<b>Girl</b>												
7-9 years	6.50	0.69	3.90	0.92	5.07	1.88	2.36	1.63	3.75	0.90	0.38	27.96
10-12 years	7.64	0.69	3.90	0.92	5.79	1.88	2.36	1.76	3.90	1.12	0.56	30.51
13-15 years	8.02	0.69	4.16	1.15	5.97	1.88	3.02	1.82	5.09	0.90	0.56	33.27
16-18 years	8.02	0.69	4.42	1.15	5.79	1.88	3.02	1.70	4.94	0.90	0.38	32.88
<b>Man</b>												
19-24 years	8.41	1.03	6.75	1.15	7.60	2.10	3.59	3.01	4.94	1.57	0.66	40.81
25-49 years	6.11	1.03	6.75	1.15	7.60	2.10	3.59	3.64	4.94	1.34	0.38	38.64
50-74 years	5.35	0.86	4.93	1.15	5.79	2.10	3.59	2.01	4.94	1.34	0.47	32.54
75+ years	5.35	0.69	4.93	0.92	5.97	2.10	2.74	1.76	5.24	0.90	0.38	30.98
<b>Woman</b>												
19-24 years	6.50	0.69	6.23	1.15	5.79	2.10	2.65	1.70	4.94	0.90	0.38	33.01
25-49 years	5.35	0.52	6.23	1.15	5.07	2.10	2.65	1.44	4.94	0.90	0.28	30.63
50-74 years	5.35	0.52	4.67	0.92	4.34	2.10	2.65	1.38	4.94	0.90	0.28	28.05
75+ years	4.97	0.52	4.16	0.92	3.62	2.10	2.65	1.26	4.94	0.67	0.28	26.08
Pregnancy(b,c)												
Trimester 1	9.17	0.69	4.67	1.15	5.61	2.10	3.02	1.26	4.94	0.67	0.28	33.57
Trimester 2	9.17	0.69	4.67	1.38	5.79	2.10	3.02	1.38	4.94	0.90	0.28	34.33
Trimester 3	9.17	0.69	4.67	1.38	5.79	2.10	3.02	1.38	4.94	0.90	0.28	34.33
Lactation(c)	9.55	0.69	5.71	1.15	5.79	2.32	3.02	1.51	4.94	0.90	0.38	35.96
<b>Family of Four (d)</b>	<b>27.13</b>	<b>3.10</b>	<b>21.04</b>	<b>4.37</b>	<b>24.97</b>	<b>7.96</b>	<b>11.81</b>	<b>9.36</b>	<b>18.88</b>	<b>4.70</b>	<b>1.78</b>	<b>135.09</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR GRANDE PRAIRIE, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.12	0.30	2.63	0.21	2.36	0.78	1.44	0.80	2.75	0.41	0.08	15.89
2-3 years	4.43	0.41	2.63	0.21	3.71	0.78	1.44	1.11	2.89	0.41	0.08	18.11
4-6 years	6.02	0.41	3.28	0.63	4.39	1.46	2.07	2.28	3.30	0.62	0.25	24.71
<b>Boy</b>												
7-9 years	5.38	0.41	3.28	1.05	5.74	1.65	2.25	1.91	3.58	1.03	0.51	26.80
10-12 years	6.97	0.41	3.50	1.05	6.08	1.65	2.52	1.97	4.41	1.24	0.68	30.47
13-15 years	7.60	0.51	3.50	1.05	6.75	1.65	3.06	2.59	4.82	1.44	0.68	33.66
16-18 years	7.60	0.61	5.69	1.05	7.76	1.65	3.42	3.08	5.23	1.65	0.76	38.52
<b>Girl</b>												
7-9 years	5.38	0.41	3.28	0.84	4.73	1.65	2.25	1.60	3.44	0.82	0.34	24.75
10-12 years	6.34	0.41	3.28	0.84	5.40	1.65	2.25	1.72	3.58	1.03	0.51	27.01
13-15 years	6.65	0.41	3.50	1.05	5.57	1.65	2.88	1.79	4.68	0.82	0.51	29.52
16-18 years	6.65	0.41	3.72	1.05	5.40	1.65	2.88	1.66	4.54	0.82	0.34	29.14
<b>Man</b>												
19-24 years	6.97	0.61	5.69	1.05	7.09	1.85	3.42	2.96	4.54	1.44	0.59	36.21
25-49 years	5.07	0.61	5.69	1.05	7.09	1.85	3.42	3.57	4.54	1.24	0.34	34.47
50-74 years	4.43	0.51	4.16	1.05	5.40	1.85	3.42	1.97	4.54	1.24	0.42	29.00
75+ years	4.43	0.41	4.16	0.84	5.57	1.85	2.61	1.72	4.82	0.82	0.34	27.58
<b>Woman</b>												
19-24 years	5.38	0.41	5.26	1.05	5.40	1.85	2.52	1.66	4.54	0.82	0.34	29.24
25-49 years	4.43	0.30	5.26	1.05	4.73	1.85	2.52	1.42	4.54	0.82	0.25	27.18
50-74 years	4.43	0.30	3.94	0.84	4.05	1.85	2.52	1.35	4.54	0.82	0.25	24.92
75+ years	4.12	0.30	3.50	0.84	3.38	1.85	2.52	1.23	4.54	0.62	0.25	23.16
<b>Pregnancy(b,c)</b>												
Trimester 1	7.60	0.41	3.94	1.05	5.23	1.85	2.88	1.23	4.54	0.62	0.25	29.61
Trimester 2	7.60	0.41	3.94	1.26	5.40	1.85	2.88	1.35	4.54	0.82	0.25	30.32
Trimester 3	7.60	0.41	3.94	1.26	5.40	1.85	2.88	1.35	4.54	0.82	0.25	30.32
<b>Lactation(c)</b>												
	7.92	0.41	4.82	1.05	5.40	2.04	2.88	1.48	4.54	0.82	0.34	31.70
<b>Family of Four (d)</b>	22.49	1.83	17.74	4.00	23.29	7.01	11.24	9.17	17.35	4.32	1.61	120.06

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Production Economics and Statistics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

## WEEKLY AVERAGE COST FOR HIGH LEVEL, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	5.15	0.46	3.57	0.25	2.79	0.99	1.62	0.79	3.28	0.46	0.11	19.48
2-3 years	5.55	0.62	3.57	0.25	4.39	0.99	1.62	1.10	3.44	0.46	0.11	22.10
4-6 years	7.53	0.62	4.47	0.76	5.19	1.86	2.33	2.26	3.94	0.69	0.32	29.95
<b>Boy</b>												
7-9 years	6.73	0.62	4.47	1.26	6.78	2.10	2.53	1.90	4.26	1.16	0.64	32.45
10-12 years	8.72	0.62	4.77	1.26	7.18	2.10	2.83	1.96	5.25	1.39	0.85	36.92
13-15 years	9.51	0.77	4.77	1.26	7.98	2.10	3.44	2.57	5.74	1.62	0.85	40.61
16-18 years	9.51	0.92	7.74	1.26	9.18	2.10	3.84	3.06	6.23	1.85	0.96	46.66
<b>Girl</b>												
7-9 years	6.73	0.62	4.47	1.01	5.59	2.10	2.53	1.59	4.10	0.93	0.43	30.09
10-12 years	7.92	0.62	4.47	1.01	6.38	2.10	2.53	1.71	4.26	1.16	0.64	32.81
13-15 years	8.32	0.62	4.77	1.26	6.58	2.10	3.24	1.77	5.58	0.93	0.64	35.80
16-18 years	8.32	0.62	5.06	1.26	6.38	2.10	3.24	1.65	5.41	0.93	0.43	35.40
<b>Man</b>												
19-24 years	8.72	0.92	7.74	1.26	8.38	2.35	3.84	2.93	5.41	1.62	0.75	43.93
25-49 years	6.34	0.92	7.74	1.26	8.38	2.35	3.84	3.55	5.41	1.39	0.43	41.62
50-74 years	5.55	0.77	5.66	1.26	6.38	2.35	3.84	1.96	5.41	1.39	0.53	35.11
75+ years	5.55	0.62	5.66	1.01	6.58	2.35	2.93	1.71	5.74	0.93	0.43	33.50
<b>Woman</b>												
19-24 years	6.73	0.62	7.15	1.26	6.38	2.35	2.83	1.65	5.41	0.93	0.43	35.75
25-49 years	5.55	0.46	7.15	1.26	5.59	2.35	2.83	1.41	5.41	0.93	0.32	33.25
50-74 years	5.55	0.46	5.36	1.01	4.79	2.35	2.83	1.34	5.41	0.93	0.32	30.35
75+ years	5.15	0.46	4.77	1.01	3.99	2.35	2.83	1.22	5.41	0.69	0.32	28.21
Pregnancy(b,c)												
Trimester 1	9.51	0.62	5.36	1.26	6.19	2.35	3.24	1.22	5.41	0.69	0.32	36.17
Trimester 2	9.51	0.62	5.36	1.52	6.38	2.35	3.24	1.34	5.41	0.93	0.32	36.98
Trimester 3	9.51	0.62	5.36	1.52	6.38	2.35	3.24	1.34	5.41	0.93	0.32	36.98
Lactation(c)	9.90	0.62	6.55	1.26	6.38	2.60	3.24	1.47	5.41	0.93	0.43	38.79
<b>Family of Four (d)</b>	<b>28.13</b>	<b>2.77</b>	<b>24.12</b>	<b>4.80</b>	<b>27.54</b>	<b>8.91</b>	<b>12.64</b>	<b>9.11</b>	<b>20.67</b>	<b>4.86</b>	<b>2.03</b>	<b>145.57</b>

- (a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.  
 (b) A daily iron supplement is required for pregnant women.  
 (c) Based on the requirements of a woman 25-49 years old.  
 (d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Production Economics and Statistics Branch  
 Alberta Agriculture, Food & Rural Development, (403) 422-2903



# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR MANNING, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.89	0.46	2.85	0.20	2.48	0.96	1.51	0.72	3.14	0.39	0.08	17.70
2-3 years	5.27	0.62	2.85	0.20	3.89	0.96	1.51	1.00	3.30	0.39	0.08	20.08
4-6 years	7.15	0.62	3.57	0.61	4.60	1.80	2.17	2.06	3.77	0.59	0.24	27.18
<b>Boy</b>												
7-9 years	6.40	0.62	3.57	1.02	6.02	2.04	2.36	1.72	4.08	0.98	0.48	29.29
10-12 years	8.28	0.62	3.80	1.02	6.37	2.04	2.64	1.78	5.03	1.18	0.64	33.40
13-15 years	9.03	0.77	3.80	1.02	7.08	2.04	3.21	2.34	5.50	1.37	0.64	36.80
16-18 years	9.03	0.92	6.18	1.02	8.14	2.04	3.59	2.78	5.97	1.57	0.72	41.97
<b>Girl</b>												
7-9 years	6.40	0.62	3.57	0.82	4.95	2.04	2.36	1.45	3.93	0.78	0.32	27.23
10-12 years	7.52	0.62	3.57	0.82	5.66	2.04	2.36	1.56	4.08	0.98	0.48	29.69
13-15 years	7.90	0.62	3.80	1.02	5.84	2.04	3.02	1.61	5.34	0.78	0.48	32.47
16-18 years	7.90	0.62	4.04	1.02	5.66	2.04	3.02	1.50	5.18	0.78	0.32	32.10
<b>Man</b>												
19-24 years	8.28	0.92	6.18	1.02	7.43	2.28	3.59	2.67	5.18	1.37	0.56	39.49
25-49 years	6.02	0.92	6.18	1.02	7.43	2.28	3.59	3.23	5.18	1.18	0.32	37.36
50-74 years	5.27	0.77	4.52	1.02	5.66	2.28	3.59	1.78	5.18	1.18	0.40	31.65
75+ years	5.27	0.62	4.52	0.82	5.84	2.28	2.74	1.56	5.50	0.78	0.32	30.24
<b>Woman</b>												
19-24 years	6.40	0.62	5.70	1.02	5.66	2.28	2.64	1.50	5.18	0.78	0.32	32.12
25-49 years	5.27	0.46	5.70	1.02	4.95	2.28	2.64	1.28	5.18	0.78	0.24	29.83
50-74 years	5.27	0.46	4.28	0.82	4.25	2.28	2.64	1.22	5.18	0.78	0.24	27.43
75+ years	4.89	0.46	3.80	0.82	3.54	2.28	2.64	1.11	5.18	0.59	0.24	25.57
Pregnancy(b,c)												
Trimester 1	9.03	0.62	4.28	1.02	5.49	2.28	3.02	1.11	5.18	0.59	0.24	32.86
Trimester 2	9.03	0.62	4.28	1.23	5.66	2.28	3.02	1.22	5.18	0.78	0.24	33.55
Trimester 3	9.03	0.62	4.28	1.23	5.66	2.28	3.02	1.22	5.18	0.78	0.24	33.55
Lactation(c)	9.41	0.62	5.23	1.02	5.66	2.52	3.02	1.34	5.18	0.78	0.32	35.11
<b>Family of Four (d)</b>	<b>26.71</b>	<b>2.77</b>	<b>19.25</b>	<b>3.89</b>	<b>24.42</b>	<b>8.66</b>	<b>11.80</b>	<b>8.29</b>	<b>19.79</b>	<b>4.12</b>	<b>1.52</b>	<b>131.22</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Production Economics and Statistics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

## WEEKLY AVERAGE COST FOR MCLENNAN, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	5.24	0.52	3.75	0.22	2.79	0.89	1.63	0.78	2.86	0.48	0.09	19.24
2-3 years	5.65	0.70	3.75	0.22	4.38	0.89	1.63	1.08	3.00	0.48	0.09	21.86
4-6 years	7.66	0.70	4.68	0.65	5.18	1.66	2.34	2.22	3.43	0.72	0.28	29.52
<b>Boy</b>												
7-9 years	6.86	0.70	4.68	1.08	6.78	1.88	2.55	1.86	3.72	1.20	0.55	31.84
10-12 years	8.87	0.70	4.99	1.08	7.17	1.88	2.85	1.92	4.58	1.44	0.74	36.22
13-15 years	9.68	0.87	4.99	1.08	7.97	1.88	3.46	2.52	5.00	1.67	0.74	39.87
16-18 years	9.68	1.04	8.11	1.08	9.17	1.88	3.87	3.00	5.43	1.91	0.83	46.01
<b>Girl</b>												
7-9 years	6.86	0.70	4.68	0.86	5.58	1.88	2.55	1.56	3.57	0.96	0.37	29.56
10-12 years	8.07	0.70	4.68	0.86	6.38	1.88	2.55	1.68	3.72	1.20	0.55	32.26
13-15 years	8.47	0.70	4.99	1.08	6.58	1.88	3.26	1.74	4.86	0.96	0.55	35.07
16-18 years	8.47	0.70	5.31	1.08	6.38	1.88	3.26	1.62	4.72	0.96	0.37	34.73
<b>Man</b>												
19-24 years	8.87	1.04	8.11	1.08	8.37	2.10	3.87	2.88	4.72	1.67	0.64	43.37
25-49 years	6.45	1.04	8.11	1.08	8.37	2.10	3.87	3.48	4.72	1.44	0.37	41.04
50-74 years	5.65	0.87	5.93	1.08	6.38	2.10	3.87	1.92	4.72	1.44	0.46	34.41
75+ years	5.65	0.70	5.93	0.86	6.58	2.10	2.95	1.68	5.00	0.96	0.37	32.78
<b>Woman</b>												
19-24 years	6.86	0.70	7.49	1.08	6.38	2.10	2.85	1.62	4.72	0.96	0.37	35.12
25-49 years	5.65	0.52	7.49	1.08	5.58	2.10	2.85	1.38	4.72	0.96	0.28	32.60
50-74 years	5.65	0.52	5.62	0.86	4.78	2.10	2.85	1.32	4.72	0.96	0.28	29.66
75+ years	5.24	0.52	4.99	0.86	3.99	2.10	2.85	1.20	4.72	0.72	0.28	27.47
Pregnancy(b,c)												
Trimester 1	9.68	0.70	5.62	1.08	6.18	2.10	3.26	1.20	4.72	0.72	0.28	35.52
Trimester 2	9.68	0.70	5.62	1.29	6.38	2.10	3.26	1.32	4.72	0.96	0.28	36.30
Trimester 3	9.68	0.70	5.62	1.29	6.38	2.10	3.26	1.32	4.72	0.96	0.28	36.30
Lactation(c)	10.08	0.70	6.87	1.08	6.38	2.32	3.26	1.44	4.72	0.96	0.37	38.17
<b>Family of Four (d)</b>	<b>28.64</b>	<b>3.13</b>	<b>25.28</b>	<b>4.09</b>	<b>27.50</b>	<b>7.97</b>	<b>12.73</b>	<b>8.94</b>	<b>18.02</b>	<b>5.02</b>	<b>1.75</b>	<b>143.08</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Production Economics and Statistics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR PEACE RIVER, ALBERTA ON JUNE 25, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.59	0.43	3.44	0.23	2.62	0.85	1.33	0.91	2.74	0.40	0.09	17.63
2-3 years	4.94	0.57	3.44	0.23	4.11	0.85	1.33	1.26	2.87	0.40	0.09	20.10
4-6 years	6.71	0.57	4.31	0.68	4.86	1.60	1.91	2.60	3.28	0.60	0.27	27.38
<b>Boy</b>												
7-9 years	6.00	0.57	4.31	1.13	6.36	1.81	2.08	2.18	3.56	1.00	0.53	29.52
10-12 years	7.77	0.57	4.59	1.13	6.73	1.81	2.33	2.25	4.38	1.20	0.71	33.46
13-15 years	8.47	0.71	4.59	1.13	7.48	1.81	2.83	2.95	4.79	1.40	0.71	36.87
16-18 years	8.47	0.85	7.46	1.13	8.60	1.81	3.16	3.51	5.20	1.60	0.80	42.60
<b>Girl</b>												
7-9 years	6.00	0.57	4.31	0.91	5.24	1.81	2.08	1.82	3.42	0.80	0.36	27.31
10-12 years	7.06	0.57	4.31	0.91	5.98	1.81	2.08	1.96	3.56	1.00	0.53	29.77
13-15 years	7.42	0.57	4.59	1.13	6.17	1.81	2.66	2.03	4.65	0.80	0.53	32.37
16-18 years	7.42	0.57	4.88	1.13	5.98	1.81	2.66	1.89	4.51	0.80	0.36	32.01
<b>Man</b>												
19-24 years	7.77	0.85	7.46	1.13	7.85	2.03	3.16	3.37	4.51	1.40	0.62	40.16
25-49 years	5.65	0.85	7.46	1.13	7.85	2.03	3.16	4.07	4.51	1.20	0.36	38.27
50-74 years	4.94	0.71	5.45	1.13	5.98	2.03	3.16	2.25	4.51	1.20	0.44	31.81
75+ years	4.94	0.57	5.45	0.91	6.17	2.03	2.41	1.96	4.79	0.80	0.36	30.39
<b>Woman</b>												
19-24 years	6.00	0.57	6.89	1.13	5.98	2.03	2.33	1.89	4.51	0.80	0.36	32.49
25-49 years	4.94	0.43	6.89	1.13	5.24	2.03	2.33	1.61	4.51	0.80	0.27	30.17
50-74 years	4.94	0.43	5.17	0.91	4.49	2.03	2.33	1.54	4.51	0.80	0.27	27.41
75+ years	4.59	0.43	4.59	0.91	3.74	2.03	2.33	1.40	4.51	0.60	0.27	25.39
Pregnancy(b,c)												
Trimester 1	8.47	0.57	5.17	1.13	5.80	2.03	2.66	1.40	4.51	0.60	0.27	32.61
Trimester 2	8.47	0.57	5.17	1.36	5.98	2.03	2.66	1.54	4.51	0.80	0.27	33.36
Trimester 3	8.47	0.57	5.17	1.36	5.98	2.03	2.66	1.54	4.51	0.80	0.27	33.36
Lactation(c)	8.83	0.57	6.32	1.13	5.98	2.24	2.66	1.68	4.51	0.80	0.36	35.08
<b>Family of Four (d)</b>	<b>25.07</b>	<b>2.56</b>	<b>23.25</b>	<b>4.30</b>	<b>25.80</b>	<b>7.68</b>	<b>10.39</b>	<b>10.45</b>	<b>17.24</b>	<b>4.19</b>	<b>1.69</b>	<b>132.62</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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For more information on retail food pricing contact: Maureen Wenger, Production Economics and Statistics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903



## **Appendix A - NUTRITIOUS FOOD BASKET PRICE REPORT**

### **Contents of the Nutritious Food Basket 1998**

#### **DAIRY PRODUCTS**

Fluid 2% Milk  
Processed Cheese  
Cheddar Cheese  
Ice Cream

#### **EGGS**

Grade A Large Eggs

#### **MEAT, POULTRY & FISH**

Round Steak  
Stewing Beef  
Ground Beef  
Pork Loin Chops  
Pork Sausage  
Weiners  
Chicken  
Turkey  
Canned Salmon

#### **MEAT ALTERNATIVES**

Canned Baked Beans  
Peanut Butter

#### **CEREAL & BAKERY PRODUCTS**

Bread, 60% W.Wheat  
Macaroni  
Rice  
Flour  
Corn Flakes  
Oatmeal Cookies  
Soda Crackers

#### **SUGAR & OTHER SWEETS**

Sugar  
Strawberry Jam  
Honey

#### **CITRUS FRUITS & TOMATOES**

Oranges (fresh)  
Frozen Orange Juice  
Canned Apple Juice  
Tomatoes (fresh)  
Canned Tomatoes  
Canned Tomato Juice

#### **OTHER FRUIT**

Apples  
Bananas  
Canned Applesauce

#### **POTATOES**

Potatoes

#### **OTHER VEGETABLES**

Cabbage  
Carrots  
Lettuce  
Onions  
Vegetable Soup  
Canned Corn  
Frozen Peas

#### **FATS & OILS**

Margarine  
Salad/Cooking Oil  
Butter

#### **MISCELLANEOUS FOODS**

Add 10% of total of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

## Appendix B - NUTRITIOUS FOOD BASKET PRICE REPORT 1998

### WEEKLY QUANTITIES OF FOOD(a) REQUIRED FOR SPECIFIED AGE-GENDER GROUPS

Age-Gender Group	Dairy Products (litre)	Eggs (no.)	Meat, Poultry & Fish (kg)	Meat Alternatives (kg)	Cereal & Bakery Products (kg)	Citrus Fruit & Tomatoes (kg)	Other Fruit (kg)	Potatoes (kg)	Other Vegetables (kg)	Fats & Oils (kg)	Sugars & Other Sweets (kg)
<b>Child</b>											
1 year	3.25	3.00	0.60	0.05	0.70	0.40	0.80	0.65	1.00	0.10	0.05
2-3 years	3.50	4.00	0.60	0.05	1.10	0.40	0.80	0.90	1.05	0.10	0.05
4-6 years	4.75	4.00	0.75	0.15	1.30	0.75	1.15	1.85	1.20	0.15	0.15
<b>Boy</b>											
7-9 years	4.25	4.00	0.75	0.25	1.70	0.85	1.25	1.55	1.30	0.25	0.30
10-12 years	5.50	4.00	0.80	0.25	1.80	0.85	1.40	1.60	1.60	0.30	0.40
13-15 years	6.00	5.00	0.80	0.25	2.00	0.85	1.70	2.10	1.75	0.35	0.40
16-18 years	6.00	6.00	1.30	0.25	2.30	0.85	1.90	2.50	1.90	0.40	0.45
<b>Girl</b>											
7-9 years	4.25	4.00	0.75	0.20	1.40	0.85	1.25	1.30	1.25	0.20	0.20
10-12 years	5.00	4.00	0.75	0.20	1.60	0.85	1.25	1.40	1.30	0.25	0.30
13-15 years	5.25	4.00	0.80	0.25	1.65	0.85	1.60	1.45	1.70	0.20	0.30
16-18 years	5.25	4.00	0.85	0.25	1.60	0.85	1.60	1.35	1.65	0.20	0.20
<b>Man</b>											
19-24 years	5.50	6.00	1.30	0.25	2.10	0.95	1.90	2.40	1.65	0.35	0.35
25-49 years	4.00	6.00	1.30	0.25	2.10	0.95	1.90	2.90	1.65	0.30	0.20
50-74 years	3.50	5.00	0.95	0.25	1.60	0.95	1.90	1.60	1.65	0.30	0.25
75+ years	3.50	4.00	0.95	0.20	1.65	0.95	1.45	1.40	1.75	0.20	0.20
<b>Woman</b>											
19-24 years	4.25	4.00	1.20	0.25	1.60	0.95	1.40	1.35	1.65	0.20	0.20
25-49 years	3.50	3.00	1.20	0.25	1.40	0.95	1.40	1.15	1.65	0.20	0.15
50-74 years	3.50	3.00	0.90	0.20	1.20	0.95	1.40	1.10	1.65	0.20	0.15
75+ years	3.25	3.00	0.80	0.20	1.00	0.95	1.40	1.00	1.65	0.15	0.15
Pregnancy(b,c)											
Trimester 1	6.00	4.00	0.90	0.25	1.55	0.95	1.60	1.00	1.65	0.15	0.15
Trimester 2	6.00	4.00	0.90	0.30	1.60	0.95	1.60	1.10	1.65	0.20	0.15
Trimester 3	6.00	4.00	0.90	0.30	1.60	0.95	1.60	1.10	1.65	0.20	0.15
Lactation(c)	6.25	4.00	1.10	0.25	1.60	1.05	1.60	1.20	1.65	0.20	0.20
<b>Family of Four (d)</b>	17.75	18.00	4.05	0.95	6.90	3.60	6.25	7.45	6.30	1.05	0.95

(a) Quantities are for food "as purchased". Food is for preparation of all meals and snacks for a week.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Source: Agriculture and Agri-Food Canada









